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outdoor salads

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Summer is the time for eating outdoors. Foods for barbecue and picnic meals should be simple to prepare and easy to carry. Salads are a 'natural' for this purpose. They are colorful and attractive, as well as nutritious. In the summer months, salad ingredients are plentiful and at their best. Fruits and vegetables, especially when served raw, supply valuable minerals and vitamins and should be eaten every day for good health.

Salads are a delight to weight-watchers, for they can be satisfying and at the same time low in calories. However, rich dressings add calories and should be avoided.

SALAD GREENS

There are a great many greens to choose from for making tossed salads and for garnishing other salads. The several types of lettuce vary in texture from soft to crisp, and in flavor from mild to tangy. Curly and French endive, broad-leaved escarole or dark green spinach add both interest and flavor. Watercress, mint and parsley are used both for garnishing and to add flavor to salads. Store greens in a vegetable crisper or in plastic bags in the refrigerator. Remove outer, coarse leaves but leave on the butt end, or stalk, since it contains moisture that keeps the head fresh longer. Wash greens just before using; drain well and chill to crisp.

OTHER SALAD VEGETABLES

Most vegetables are best stored in the refrigerator without washing and prepared just before serving. Store cauliflower, cucumbers, green peppers and tomatoes unwrapped; store green onions wrapped. Ripen tomatoes at room temperature. Chill garnishes and relishes, such as radish roses, carrot curls or celery hearts, in ice water to crisp and to curl or spread open.

Cooked vegetables — Peas, beans and corn add color and flavor to many salads, and potato salads are always popular. Marinate cooked vegetables in French or salad dressing for side salads, or mix with other ingredients in main dish salads.

SALAD FRUITS

Fresh fruit provides an easy and delicious dessert for outdoor meals. Refrigerate ripe fruit in covered containers or plastic bags and wash just before using. Leave underripe fruit at room temperature to ripen.

Prepare fruits shortly before serving. To keep cut peaches, pears or apples from darkening, sprinkle with lemon juice. Add sugar to taste. At a patio party serve fresh fruits on trays or in large bowls, accompanied by cottage cheese or wedges of cheese. Guests can help themselves and make their own salads.

Watermelon boat — Cut a lengthwise slice off a large watermelon. Scoop out seeds and membrane. Cut the pink flesh in balls (with a melon ball cutter) or cubes and combine with other fresh fruits in season (peaches, pears, grapes, blueberries, raspberries, strawberries, cherries and cantaloupe). Sprinkle with sugar. Chill thoroughly. Fill watermelon shell with fruits. Decorate with sprigs of mint and a few strawberries, cherries or grapes with their stems left on.

SALADS FOR BARBECUE OR PATIO SUPPERS

Salad pick-ups — Serve raw vegetables in sticks, slices or wedges as finger foods in a bowl or flowerpot. Put ice cubes in the bottom to keep the vegetables in place and to keep them cool and crisp. Serve with cottage or cream cheese dips.

Salad in a basket — Serve salad in lettuce-lined basket or in hollowed-out stick of French bread. Serve coleslaw in scooped-out, leafy green head of cabbage.

Salad platter — Arrange various salad ingredients and prepared vegetables in lettuce cups on a tray or platter. Let guests make their own salads. Pass the dressings.

KEEP SALADS COOL AND SAFE

If salads are to be transported to a picnic site, pack ingredients in containers with lids and chill for several hours. Prechill portable cooler or insulated picnic bag with cans of reusable artificial ice and pack firmly to retain the cold.

In place of artificial ice, you can use ice cubes in a plastic container, or cans of frozen fruit juice.

Avoid the risk of food poisoning by following these few simple suggestions:

- Keep perishable foods cool.
- Carry smoked or canned meat to a picnic.
- Freeze fresh meat and pack it frozen in cooler.
- Add dressing to salad just before serving.
- Use a cooked or oil and vinegar salad dressing rather than mayonnaise.
- Leave cream-filled desserts at home.
- Pack hard-cooked eggs in a cooler. Pickled eggs are more convenient as they do not require refrigeration.

TOSSSED SALADS

TOSSSED GREEN SALAD

6 cups torn salad greens	1/2 teaspoon salt
1 cup sliced celery	1/8 teaspoon pepper
1/2 cup sliced radishes	1/2 cup salad dressing
1/4 cup chopped green pepper	

Combine salad greens with other vegetables and chill. Just before serving, add salt, pepper and salad dressing, and toss. 6 servings.

COLESLAW

5 cups shredded cabbage	1/8 teaspoon pepper
1 cup shredded carrot	1/2 cup salad dressing or sour cream
1/2 teaspoon salt	

Combine vegetables and chill. Just before serving, add salt, pepper and dressing or sour cream and toss. 6 servings.

FRESH SPINACH SLAW

2 cups torn spinach	1/2 teaspoon salt
3 cups finely shredded cabbage	1/8 teaspoon pepper
1 cup shredded carrots	1/3 cup salad dressing
1/2 cup sliced green onions	

Combine spinach, cabbage, carrots and onion and toss lightly; chill. Just before serving, sprinkle with salt and pepper, add dressing and toss. 6 servings.

RELISHES

CRISP VEGETABLES WITH DIPS

Prepare and crisp a variety of vegetables, such as lettuce wedges, celery sticks, radish fans or roses, cauliflowerets, green onions, turnip sticks, carrot sticks or slices or small whole carrots, cucumber fingers, and green pepper pieces. Serve with dips made from cheese, sour cream, cottage cheese, process cheese spread or peanut butter.

STUFFED CUCUMBER RINGS

Remove center of cucumber with apple corer or paring knife. Fill with pimienta cream cheese or seasoned process cheese mixed with finely chopped olives, green pepper, chives or green onion. Wrap and chill. Slice just before serving.

VEGETABLE SALADS

MARINATED TOMATOES AND CUCUMBERS

3 medium tomatoes, cut in wedges	1/2 teaspoon paprika
2 medium cucumbers, cut in chunks	1/4 teaspoon salt
1 medium onion, chopped	Few grains pepper
	1/2 cup French dressing

Toss ingredients lightly together. Pack in tightly covered container and refrigerate overnight. Drain before serving. Serve alone or with salad dressing. 6 servings.

Note: 1 small head cauliflower, cut in small flowerets may be substituted for the cucumbers.

CARROT SALAD

2 cups finely shredded carrot	1/4 cup chopped peanuts
1/2 cup diced celery	1/2 teaspoon salt
1/2 cup diced green pepper	1/8 teaspoon pepper
1/2 cup seedless raisins	1/4 cup salad dressing

Mix vegetables, raisins and nuts; chill. Just before serving, sprinkle with salt and pepper, add salad dressing and toss lightly. 6 servings.

SOUR CREAM POTATO SALAD

6 medium potatoes (about 2 pounds), cooked	3/4 cup diced cucumber
1 teaspoon salt	3/4 cup diced celery
1/8 teaspoon pepper	2 tablespoons chopped green onion
1/4 teaspoon dill seed	1 tablespoon chopped parsley
2 tablespoon cider vinegar	3/4 cup sour cream
3 hard-cooked eggs, chopped	1 teaspoon prepared mustard

Drain, peel and dice warm potatoes. Sprinkle with salt, pepper, dill seed and vinegar. Toss lightly to mix; chill. When cold, add eggs and remaining vegetables. Pack and chill. Combine sour cream and mustard in small container and chill. Just before serving, add sour cream to salad and toss to combine thoroughly. 6 servings.

CORN SALAD

3 cups cooked kernel corn	1/4 cup sweet pickle relish
1/2 cup sliced green onions	1 teaspoon salt
1/2 cup diced green pepper	1/4 teaspoon pepper
1/2 cup chopped radishes	1/3 cup salad dressing

Mix vegetables and pickle relish. Toss lightly and chill. Just before serving, sprinkle with salt and pepper, add salad dressing and toss lightly. 6 to 8 servings.

GREEN PEA SALAD

2 cups fresh peas, cooked	1/2 cup diced cucumber
1/4 cup sliced green onions	1/2 teaspoon salt
1/2 cup thinly sliced radishes	1/8 teaspoon pepper
	1/4 cup salad dressing or sour cream

Mix vegetables and chill. Just before serving sprinkle with salt and pepper, add salad dressing and toss lightly. 6 servings.

TANGY GREEN BEAN SALAD

3 cups (1 pound) cooked green beans, cut in 1-inch pieces	1/3 cup commercial sour cream
1/4 cup French dress- ing	1/2 teaspoon prepared mustard
2 hard-cooked eggs, chopped	1/2 teaspoon salt
2 tablespoons chopped green onion	1/8 teaspoon pepper
2 tablespoons diced green pepper	1/4 cup crumbled crisp bacon (optional)

Toss beans with French dressing. Chill about 3 hours, turning occasionally. Mix eggs, onion and green pepper; toss with sour cream and seasonings; chill. Before serving, combine beans and sour cream mixture and sprinkle with crumbled bacon. 6 servings.

MAIN DISH SALADS

HAM AND EGG SALAD

1 cup cooked peas	1/4 cup chopped sweet pickle
1/2 cup sliced celery	2 cups diced cooked ham
1/4 cup diced green pepper	3 hard-cooked eggs, chopped
2 tablespoons finely chopped onion	1/3 cup salad dressing

Combine vegetables with pickle and toss lightly; chill. Just before serving, add ham and eggs and toss with dressing. 6 servings.

PICNIC SALAD

1 19-ounce can baked beans	2 tablespoons chopped sweet pickle
1 tablespoon finely chopped onion	6 wieners cooked and sliced
2 tablespoons vinegar	3 cups finely shredded cabbage
1/2 teaspoon prepared mustard	

Combine first five ingredients; chill. Chill wieners and cabbage separately. Just before serving, combine all ingredients and toss lightly. 6 servings.

CHEESE AND VEGETABLE SALAD

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| 1 1/2 cups fresh mixed vegetables, cooked (such as beans, carrots, corn and peas) | 1/2 teaspoon salt |
| 1 1/2 cups diced celery | 1/8 teaspoon pepper |
| 1/3 cup diced green pepper | 2 cups (8 ounces) medium cheddar cheese, cut in strips |
| 2 tablespoons finely chopped onion | 1/4 cup French dressing |

Combine vegetables with seasonings and chill. Just before serving, add cheese and toss lightly with dressing. 6 servings.

CHICKEN AND PEACH SALAD

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| 3 cups diced cooked chicken | 1/3 cup sour cream |
| 1 1/2 cups diced peaches (fresh or canned) | 2 tablespoons mayonnaise |
| 1 cup diced celery | 3/4 teaspoon curry powder |
| 1 cup cauliflowerets | 1 teaspoon lemon juice |
| 1 teaspoon salt | Lettuce |
| 1/8 teaspoon pepper | Peach slices |

Mix first 6 ingredients; chill. Combine sour cream, mayonnaise, curry powder and lemon juice; just before serving, toss with chicken mixture. Serve on lettuce, garnished with peach slices. 6 servings.

Note: To keep fresh peaches from browning, sprinkle with lemon juice.

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